

INSHAPE Indiana DNR Day

Walks for Fitness
Saturday September 8, 2007

Walks begin at 10:00 a.m. local time, and are led by DNR staff and community leaders in many locations. Wear comfortable clothing. Bring along a filled water bottle. Free t-shirts are provided to participants on a first-come first served basis by the Indiana State Department of Health and Dick's Sporting Goods.

Walk Locations

Property	Meeting Site	Surface	Approx. Distance/Other Info
Brookville Lake - Mounds SRA	Glidewell Trail trailhead	Gravel & Soil	2.0 miles (moderate)
Brown County State Park	Nature Preserve entrance by camp booth	Trail # 5 & 7	3.5 mile (rugged)
Chain O'Lakes State Park	Campground Entrance Gate	Trail 1 & 2	2.5 miles (moderate)
Charlestown State Park	Trail 1 parking lot	Trail #1	2.4 mile (rugged)
Clifty Falls State Park	Swimming Pool	Trails/Road	2.5 miles (mod-rugged)
Falls of the Ohio	George Rogers Clark Home Site	Grass	3 miles (moderate)
Fort Harrison State Park	Delaware Picnic Area	Paved	2.5 miles (moderate)
Hardy Lake	Trailhead	Trail	2 miles (moderate)
Harmonie State Park	Campground gate house	Paved	2 miles (easy, some hills)
Indiana Dunes State Park	Beach Pavilion Parking Lot	Sandy Trails	2 miles (moderately rugged)
Cagles Mill Lake (Lieber SRA)	Covered Bridge Trail (near b-ball court)	Gravel/Earth trail	.75 mile (moderate)
Lincoln State Park	Lake Lincoln Beach House	Gravel/Dirt/Wood	1.5 miles (moderate)
McCormick's Creek State Park	Nature Center	Paved & unpaved	1.5 mile accessible OR 3 miles rugged
Monroe Reservoir	Shelter House next to Interpretive Center	Road	1.5 mile (easy)
Mounds State Park	Swimming Pool Parking Lot	Gravel/Dirt/Paved	2.5 miles (moderate)
O'Bannon Woods State Park	Nature Center	Road	3 miles (moderate)
Ouabache State Park	Kunkel Lake Spillway parking lot	Bike Trail/Gravel Road	2 miles (easy)
Patoka Lake	Modern Camp Center Shelter house	Paved	2 mile (easy)
Pokagon State Park	Youth Tent Area Campground	Trail 8 - Mown Grass	2 miles (moderate)
Potato Creek State Park	Nature Center	Gravel/Dirt	2 miles approx. (moderate)
Prophetstown State Park	Prairie View Picnic Area – Blazing Star	Paved Bike Trail	2 miles (accessible/easy)
Raccoon Lake/Mansfield Mill SRA	Chapel Shelter	Paved Road	1.5 (easy)
Roush Lake	Little Turtle Shelter #1	Road/Woodland trail	2 miles (dogs invited)
Salamonie Lake	Tree Trail -Lost Bridge West SRA	Woodland Trail	2 miles (moderate)
Shades State Park	Dell Shelter	Trails	2 miles (moderate)
Shakamak State Park	Pool Parking Lot	Pavement/Asphalt	3 miles (moderate)
Spring Mill State Park	Butternut Grove Shelter	Trail #1, #4, & Road	1 mile (easy/moderate)
Summit Lake	Trail 1 trailhead	Trail 1	2 miles (moderate)
Tippecanoe River State Park	River Picnic Area Parking Lot	Natural grass/sand	2 miles (moderate)
Turkey Run State Park	Nature Center	Trails	3 miles (rugged)
Versailles State Park	Oak Grove Shelter Parking Lot	Trail 1 (not accessible)	2.25 miles (moderate)
Whitewater Memorial State Park	Red Springs Trail Head (**8:30am**)	Gravel & Soil	1.2 miles (moderate)

How to Participate

If you are a registered participant in the INShape Program, you will receive a coupon via email that grants you free admission to any state park or reservoir for one of the InShape Indiana Walks on September 8, 2007. If you are not a registered INShape participant, sign up at www.INShape.IN.gov. Your coupon must be presented at the entrance gate to receive free admission. Information is also available about INSHAPE Indiana at 1-800-433-0746.

